



Thank you for choosing the Cobb County program for your child's Preschool and Instructional Gymnastics

Our goal is to provide a safe environment for your child's participation, quality instruction, a positive and enjoyable learning experience, and opportunities for your child to realize success.

WHAT TO WEAR

Proper clothing is a **MUST** – for the safety and comfort of your child and the protection of the equipment

Boys – shorts and T-shirt (tucked in). Warm-up or sweat suits may be worn in cooler weather.

Girls – leotard (preferably without skirt) OR shorts and T-shirt (tucked in)

Shorts and shirts should **NOT** have zippers, snaps, or buttons, etc.

NO socks or tights (unless feet are cut out)

NO slick body suits

Underwear **must** be worn under leotard or shorts

NO jewelry should be worn (except small stud earrings)

All students should **wear shoes into and out of** the Gymnastics Center

Hair should be **put up or tied back** away from face and off shoulders. Please - no large beads, clips, etc. in the hair

IMPORTANT THINGS TO KNOW

THE GYM FLOOR: Classes will be **called** each hour.

Only class students may be in the gym activity area (except for Tumble Kids classes).

Students may only be in the gym **DURING** their class time and **WITH** an instructor.

In Tumble Kids class, **the adult works one on one with the child in class**. There should be **NO** other children coming to the class.

NO food, drink (except water), candy, chewing gum, etc. allowed in gym

THE LOBBY: The **parent and spectator viewing area is located upstairs**. Please view your child's class from the upstairs area.

NO running in the downstairs lobby.

NO pets, cleats, skates, shoes with wheels, scooters, skateboards, or bicycles allowed in building.

Please **keep entryway and front desk reception area clear**

We have an **area reserved** for handicapped and special needs patrons in the lobby.

THE UPSTAIRS VIEWING AREA: **NO** running in any area

NO climbing on or jumping from bleachers or carpeted area

NO food or drink allowed upstairs (please enjoy snacks in downstairs lobby area)

NO climbing on the plexiglass railing

Do **NOT** allow children to throw items from balcony

Please keep young children **with you** in the bleachers

FOR THE STUDENTS' SAFETY: Please do **NOT** yell to, wave to, or distract students during their class

No FLASH pictures during class times

It is important for students to be **ON TIME** to get the proper warm-up.

Students should be **picked up ON TIME inside the Gymnastics Center**

We do **NOT** encourage skill practice at home. Students can however benefit from work on strength and flexibility using exercises done in class.

OTHER: If a student has a **FEVER** or **CONTAGIOUS ILLNESS / CONDITION**, he/she may **NOT** participate in class

Please pick up any articles left at the Gymnastics Center **promptly**. Items will be kept for 2 weeks.